

CAPITAL GYMNASTICS TEAM TENTATIVE SCHEDULE FALL 2020

Start Sep 1st

LEVEL	HRS.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	Monthly
BOYS		ZOOM / GYM	ZOOM / GYM	ZOOM / GYM	ZOOM / GYM	ZOOM / GYM	ZOOM / GYM	ZOOM / GYM	
BOYS OPT A	20	12:00-4:00	4:00-8:00	4:00-8:00	4:00-8:00		8:00-12:00		452
BOYS OPT B	18	4:00-8:00		4:00-6:00	4:00-8:00	4:00-8:00	8:00-12:00		429
BOYS Level 6	17	4:00-8:00	6:45-9:15	6:00-9:15		4:15-7:30	12:00-4:00		420
BOYS Level 5	15.75	12:00-4:00	4:15-6:45	6:30-9:15		6:45-9:15	12:00-4:00		398
BOYS Level 4	13.5	4:15-6:30		4:15-6:30	6:30-9:00	4:15-6:45	12:30-4:30		373
BOYS Preteam	4		6:30-8:30		4:30-6:30				254
GIRLS									
GIRLS OPT A	29.25	1:00-5:30	8-10 / 1:30-5:15	1:45-6:00	8-10 / 12:45-5:00	1:30-5:30	10:00-2:30		550
GIRLS OPT B	22.5	3:30-8:00	3:30-8:00		3:30-8:00	3:30-8:00	11:00-3:30		479
GIRLS OPT C	22.5	3:30-8:00	3:30-8:00	3:30-8:00		3:30-8:00	11:00-3:30		479
GIRLS OPT D	21.75	4:15-8:30		4:30-9:00	4:30-9:00	5:00-9:00	12:00-4:30		472
GIRLS OPT E	17		4:30-9:00	4:30-9:00	5:00-9:00		8:00-12:00		420
GIRLS OPT F	16.25	5:30-9:30	4:45-9:00		5:00-9:00	5:30-9:30			413
GIRLS HMSC A	21.75	12:00-4:30	12:30-5:00	12:30-4:45	12:45-5:15	12:30-4:30			472
GIRLS HMSC B	16	12:00-4:00	12:30-4:30	12:30-4:30		12:30-4:30			410
GIRLS COMP A	16		4:45-8:45	5:00-9:00		5:00-9:00	12:30-4:30		410
GIRLS COMP B	14.5	5:30-9:00			5:00-9:00	5:00-8:00	8:00-12:00		385
GIRLS COMP C	12	2:00-5:00		5:45-8:45	5:45-8:45		8:00-11:00		355
GIRLS PRE A	6	2:00-4:00		4:30-6:30			1:30-3:30		287
GIRLS PRE B	6	4:00-6:00			5:00-7:00		11:30-1:30		287
TNT									
TNT GROUP A	13	6:30-9:00		6:30-9:30	6:30-9:30	6:30-9:00	8:00-10:00		367
TNT GROUP B	7.5		6:30-9:30			4:30-6:30	10:00-12:30		303
TNT Group C	5		4:30-6:00		4:30-6:00		1:00-3:00		277
XCEL									
XCEL A	9	6:30-9:30		6:30-9:30				1:30-4:30	320
XCEL B	8.5	4:15-6:45				6:30-9:30		10:00-1:00	315
XCEL C	8.5	6:30-9:30			7:00-9:30			12:30-3:30	315
XCEL XTRA (A,B,C)	2.5		7:00-9:30						80
XCEL D	7		4:30-7:00		4:30-7:00			10:00-12:00	297
XCEL E	4					4:15-6:15		3:30-5:30	254
XCEL F	4			4:30-6:30				4:30-6:30	254
XCEL XTRA (D,E,F)	2.25	4:15-6:30							75
CHEER									
Cheer Heart	3	4:30-6:00			4:30-6:00				137
Cheer Purpose	4			5:00-7:00			1:00-3:00		157
Cheer Virtue	6	5:00-7:00				5:00-7:00		5:00-7:00	185
Cheer Prestige	6		5:00-7:00		5:00-7:00			11:00-1:00	185
Cheer Fearless	6		6:00-8:00			7:00-9:00	11:00-1:00		185
Cheer Dream	6	7:00-9:00		7:00-9:00				3:00-5:00	185
Cheer Unity	6		7:00-9:00		7:00-9:00			1:00-3:00	185